

Senior Aerobics

For Ages 55+



Come join Senior Aerobics! A great way to get in shape by using weights, balls, mats, balance, and resistance bands.

Classes are held on Tuesday and Thursday mornings.

Register early to ensure your spot

| Ages | Days | Dates | Fee | Code |
|------|--------------------------------------|------------------------|----------------|-----------|
| 55 + | <u>Tues/Thurs</u> 9:00 am-10:00am | January 1/5 - 1/26 | \$45R / \$56NR | 214428 A1 |
| | | February 2/2 - 2/28 | \$45R / \$56NR | 214428 A2 |
| | | March 3/2 - 3/28 | \$45R / \$56NR | 214428 A3 |
| | | April 4/4 - 4/27 | \$45R / \$56NR | 214428 A4 |
| | | May 5/2 - 5/25 | \$45R / \$56NR | 214428 A5 |

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|----------------------------|---|
| Location: | Wellington Community Center (561) 753-2484 12150 Forest Hill Blvd |
| Instructor Contact: | Lynn Spoor - Phone: (561) 202-5966 Email: spoorlady@bellsouth.net |
| Special Notes: | Please bring yoga mat, towel, and water. |



REGISTER ONLINE*

You can register for most programs online at:
www.wellingtonfl.gov/webtrac

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

First time participants must register in-person to establish a household in our system. **Proof of residency and age required. Not all programs available for online registration. Visit wellingtonfl.gov/activityregistration for more info.*

Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2nd class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Chris O'Connor at (561) 612-6697, at least two weeks prior to the begin date of the program or class.

